

Pay The Price

Learn How to Pay the Price to Help Other People

By

Christopher Liam Rose

Table of Contents

Chapter 1 – Why You Should Pay the Price	3
Chapter 2 – Pay the Price.....	21
Chapter 3 – Losing - Sacrificing – Suffering	39
Chapter 4 – Helping Other People.....	44
Chapter 5 – There a Price You Have to Pay	49
Chapter 6 – Thank You.....	56

Chapter 1 – Why You Should Pay the Price

Pay The Price is a Spiritual Book that talks about Why we need to Pay the price and Learn How to Pay the Price. This Spiritual Book is for anyone who wants to help other people & give back. I want your readers to understand that Paying the Price is a very painful process that we all must go through to help other people and give back. Paying the price is something I want the readers to understand because if we really want to help other people and give back to Humanity, we need to pay the price to be able to go on the mission of helping other people & give back. Paying the price is something that people don't want to do in life because it is too painful and hurtful but once we learn how to pay the price, we can live a life of Spiritual Freedom and Spiritual Liberation. I want to encourage the readers that paying the price is something we need to do to become who we want to be and reach our destiny. It is important to realize within Humanity & Society today people are

going through severe suffering – pain – adversity that cannot be explained. This is a very painful thing to see all over the world and within Humanity.

The only way we can help to resolve the Suffering – Pain – Adversity for Humanity is when we have to pay the price – going through our own suffering – overcoming suffering – pain – adversity within our life and becoming a Light to vulnerable people who are suffering.

So, the question we need to ask ourselves now is why you should pay the price.

Why You Should Pay the Price

What is Paying the Price? – What I mean by Paying the Price is to go through Suffering – Pain – Adversity – Life Challenges – Life Problems within your life. Paying the price means sacrificing your own wishes, dreams, and desires to spiritually change yourself to Help Other People & Give Back. Paying The Price means Spiritual Change from **Self to No Self**. Paying The Price means

doing the work for Jesus Christ & God because it is the **right** important thing to do in life. Paying The Price is saying **No** to personal achievements & personal accomplishments. Paying The Price means sacrificing yourself for Jesus Christ & God. Paying The Price is saying **No to your Ego** and Living Your Spiritual Life Purpose.

Paying The Price means you are going to live your Spiritual Calling no matter what you go through as a Human Being.

Paying the Price means **No** to Success, Prosperity, and Riches in your life.

Paying The Price means you Devoted your Whole Life to Jesus Christ & God.

Paying The Price means no more self-interest in what is going on within yourself.

Paying The Price means Spiritually Helping Other People & Giving Back. Paying The Price means denying yourself and don't worry about daily life issues.

Paying the price means going through a Spiritual Change and Spiritual Transformation.

Paying The Price means going through a Spiritual Revolution in your life.

Paying The Price means a change in Morals, Values, Beliefs, Behaviour

Paying The Price Means renewal of your Mind

I want you to understand readers that in order to Help Other People you must pay the price.

Reasons Why You Should Pay the Price

- Paying The Price will help you to overcome Suffering – Pain – And adversity in your life.
- Paying The Price will help you help other people

- Paying The Price will help you learn & understand life
- Paying The Price will give you Spiritual Knowledge & Spiritual Wisdom
- Paying The Price will connect you to Jesus Christ & God
- Paying The Price will make you Humble
- Paying The Price will help you to Spiritually Change
- Paying The Price will make you selfless
- Paying The Price will help you to become No Self
- Paying The Price will make you Total & Completed as a Human Being
- Paying The Price will help you to Know Yourself

Paying the price is a very painful, hurtful experience but this can mean the difference between helping other people & giving back or not.

I want you to understand readers that we need to pay the price to help other people and give back.

I am not going to say to readers that paying the price is going to be an easy process because it, not it can become one of the most hurtful, painful processes to ever go through.

But like I said paying the price will make the difference between helping other people or not.

Paying the price is Spiritual.

The reason why we should pay the price is to help other people & give back.

I want you to understand readers that paying the price is (Must Do). Nothing becomes more important than to pay the price.

If you want to become someone in life with faith & spirituality, then you must pay the price NOW.

Paying the Price Now is the only way you can get to Spiritual Freedom & Spiritual Liberation.

I want your readers to understand that helping other people comes at a price. This is not easy work to do for Humanity. This can become the most important vocation to be a part of in your life which shouldn't be taken lightly.

If you want to help other people, then **pay the price now** and live your life in Spiritual Freedom & Spiritual Liberation.

Paying the Price is the Spiritual Change that Humanity needs to go through to Help Other People & Give Back.

The work of helping other people & giving back means you need to pay the price to do the work for others. This is important in spiritual development and spiritual life purpose.

Jesus Christ & God want you to contribute to helping other people & give back.

By paying the price you will be able to live a life of Spiritual Freedom & Spiritual Liberation.

Paying the Price means Spiritual Change.

You need to understand the importance of paying the price this will be the most difficult life

experience you will go through as a human being but Spirituality & Faith comes at a price.

Sometimes in life, we don't want to go through suffering – pain – or adversity but this is what makes the difference.

In the work of helping other people & giving back you have to pay the price to help other people in what they are going through. There is something about paying the price that gives you Spirituality & Faith. This is very important in the work of helping other people.

Why You Should Pay the Price – To Help other people with what they are going through

This can become very spiritual once you understand that paying the price is what makes the difference.

I am going to show a diagram of the importance of why we must pay the price.

Paying The Price

Why You Should Pay the Price



You have to understand readers that Paying the price is the most important stage of helping other people & giving back. You must pay the price because paying the price means you are going to go through Suffering – Pain – Adversity and learn how to overcome the Suffering – Pain – Adversity.

What is not spoken about within Humanity & Society today is **Suffering**.

Suffering is painful, painful, challenging, and difficult but you need to go through Suffering – Pain – Adversity before you help other people & give back. Suffering is the key to Spirituality & Faith.

Hebrews 11:6 KJV

6 But without faith it is impossible to please him: for he that cometh to God must believe that he is and that he is a rewarder of them that diligently seek him.

Matthew 21:22

22 And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

Romans 10:17 KJV

17 So then faith cometh by hearing and hearing by the word of God.

Ephesians 2:8-9

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

9 Not of works, lest any man should boast.

John 3:16 KJV

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

I want you to understand that Suffering is part of the process of paying the price. This is very important and spiritual. I am not going to say that Suffering is not painful, hurtful, or challenging to go through in life but this is what makes the difference.

Jesus Christ & God help human beings who have gone through Suffering – Pain – Adversity. Spiritually this doesn't look true to the materialistic, self-centred, egoistic world we live in today but this is the truth between the difference in helping other people or not.

How would you develop care, compassion, and empathy for others if you have not gone through any Suffering – Pain – Adversity? This is very true. There is a Spiritual reward for human beings who have suffered pain, adversity, hardships, and disappointments.

You need to understand that Knowledge & Wisdom in helping other people doesn't come into your life until you have suffered something hurtful & painful.

This is not a surprising thing to learn in life but the importance of Spirituality & Faith.

I am not saying that everyone will have the chance or opportunity to find Spirituality & Faith within life because this is different for every

individual but we all have the chance to believe in Jesus Christ & God Now.

Faith comes by hearing and hearing the word of God. Faith comes by learning and understanding what you are learning.

Spirituality & Faith are Spiritual and this is the important thing I want you to learn readers that **Spiritual Change is Spiritual Life.**

Spiritual Change – This becomes the most important thing to learn because this is part of Paying the price and helping other people.

I want you to understand no human being can help other people until they have to pay a certain price to get there.

Becoming someone who helps other people is different from materialistic, Personal achievements & accomplishments that have no value to Jesus Christ & God.

It is the Spiritual Change – Helping Other People is what makes the difference to Jesus Christ & God.

Jesus Christ & God want all human beings to **contribute**.

The Spiritual Contributions are what make the difference

Without Paying the price you cannot help other people or give back.

If you want to help other people & give back, you need to help other people & give back.

Spirituality & Faith is the important thing in Spiritual Contributions.

Helping Other People is what makes the difference.

Before we go to the next chapter of Paying the price just remember you need to Pay the price to help other people.

Suffering can be destructive to Billions of People

Suffering can be transformational to Billions of People

You have to decide to Pay the Price Now to get the chance & opportunities to help other people who haven't paid the price.

Paying the price = Suffering – Pain – Adversity

**Overcome Suffering = Spiritually Helping
Other People**

**Spiritually Helping Other People = No Self &
Selflessness**

You have to decide to Pay the Price Now

Chapter 2 – Pay the Price

Pay The Price is something that is very important in Spirituality & Faith. I want you to understand readers that Paying the price is something you need to do to help other people & give back.

I am going to explain the Spiritual Benefits of Paying the Price

Spiritual Benefits of Paying the Price

- Jesus Christ & God will be with you (Spiritually)
- You will develop Spirituality & Faith
- Your Whole life will spiritually change for Jesus Christ & God
- You will be able to become who you want to be in life

- Spiritual Fulfillment will be the Spiritual Rewards
- Helping Other People will be your Spiritual Vocation
- Jesus Christ & God will help you to contribute to others
- You will become Selfless & No Self
- Your dreams & desires will be fulfilled
- Spiritually Helping Other People is a Spiritual Contribution
- When you Spiritual Change your life with Spiritual Change
- You build a connection to Nature, Jesus Christ, God
- You will become Spiritual & Faithful

- You will develop the 5 Spiritual Practices – Walking, journaling, Mindfulness, Meditation, and Prayer.
- You will find your Spiritual Calling in life.

Paying the Price is what brings all the Spiritual Benefits within reality in your daily life. Now I want you readers to understand that your life doesn't change until you have Spiritual Change. If you don't Pay the price for Jesus Christ & God and do the work that helps other people today. You may never get a chance or opportunity to ever do it in your life.

So, the important thing to learn about Paying the Price is not necessarily all of the Spiritual Benefits you receive for Paying the Price. No. This is just part of the journey of paying the price.

The Spiritual Truth about paying the price is that Jesus Christ & God will remember your name in Heaven.

This becomes a very hard thing to learn in Humanity & Society today because of materialism, egoism, selfish achievements & selfish accomplishments.

If your name will be remembered in Heaven for the work you did on earth to help other people & give back. Is it not the most precious gift of life for all?

Now I am not saying that everyone gets this opportunity to make a massive difference in helping other people.

Helping other people is the Journey of life itself which is very difficult and challenging to work & pursue.

Helping other people is not an easy vocation for human beings who work in this vocation.

It can become stressful, tiring, hard, difficult, and painful sometimes

But this is the pay-we price to do the work we do

Now some people are working in the Helping Other People vocation which is very important in life and yes nothing matters more than helping other people but the Spiritual Truth is that you need to develop your **relationship with Jesus Christ & God (Spiritually).**

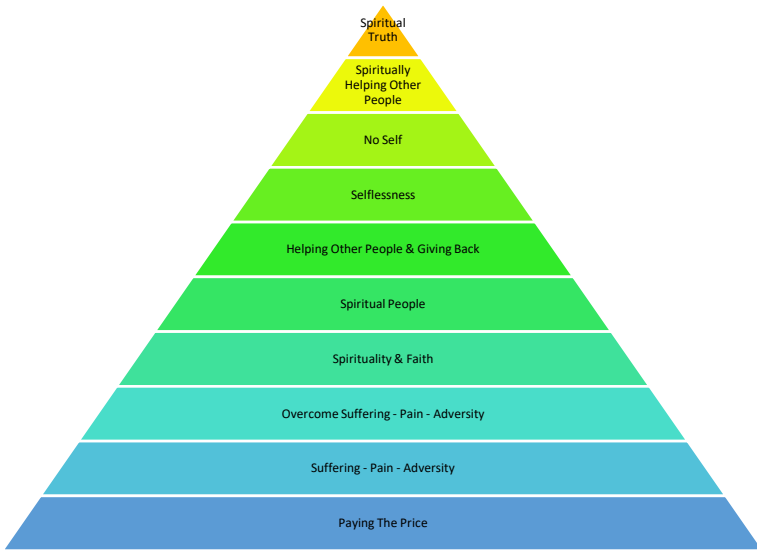
That is why in this Spiritual book we have been talking about Helping Other People.

Now paying the price does involve Suffering for who you can become and what you can do on earth.

I understand that this is a hard life lesson to learn but this can make the difference between helping other people or not.

The people who get remembered are Spiritual People who have lived their lives helping other people and giving back.

I am going to create a new diagram showing you Spiritual People.



Now in this diagram, you can see that you don't become a Spiritual Person until you have Paid the Price, go through Suffering – Pain – Adversity, Overcome Suffering – Pain – Adversity, Developed Spirituality & Faith.

There is an important thing when it comes to Spiritual People which is they all help other people & make a difference.

Now in life, we all need to contribute to some

This is very understandable and important in helping other people.

But the Knowledge & Wisdom I am sharing now is this

To become a Spiritual Person or Spiritual People you need to suffer.

Religions & Spirituality have been talking about Suffering.

Jesus Christ Suffered on the Cross

Buddha learned how to overcome Suffering

So, the Spiritual Truth is suffering is part of life

How we choose to deal with our suffering is up to them individually

We can spend hours, days, weeks, months in
Suffering and never overcome the suffering

Or

We can spend hours, days, weeks, and months
overcoming the Suffering and becoming a
Spiritual Person or Spiritual People.

*No One can tell you what price you need to pay
to do the work you do*

Each person is Individually first and Paying the
Price is Personal

If paying the price wasn't personal, why do you
think most people don't want to go through this

Because their simple answers to Spiritual Truths

**Which is People don't want to go through
Suffering**

They spend their whole lives trying to avoid something which is part of all Human Beings life journey

**YOU ARE MET TO SUFFER AS A HUMAN BEING
AND FIND WAYS TO OVERCOME YOUR
SUFFERING**

That is part of Spirituality & Faith

Yes, it is true that some people suffer more than others but any the end of the day Suffering is part of the PRICE you need to PAY to help other people & give back.

As I said this is not going to be easy and the more you suffer the harder things become

But if we want to be spiritual people, we must
PAY THE PRICE to BECOME WHO WE WANT TO BE

Now becoming who you want to be is not about money, materialism, houses, cars, friends, family, or relatives. Spirituality & Faith is about WHO YOU WANT TO BECOME.

Do you want to pay the price in your life to gain Spiritual Benefits?

Do you want to be called a Spiritual Person and join Spiritual People?

Do you want to be part of the Mission of Helping Other People & Give Back?

This is a Choice & Decision you will need to make NOW

Before you pay the price, you must **choose & make a decision** that you will pay the price for your morals, values, beliefs, dreams, and desires.

Now helping other people will get you to your dreams & desires because you support Humanity in what they are going through but they say you need to **START** the WORK in order to **FINISH**.

If you don't start the work of helping other people NOW, you will never get the chance to help other people tomorrow.

So, what is the urgency – **START HELPING OTHER PEOPLE NOW (TODAY)**

This is important for many reasons

Why Helping Other People Is So Important

- **Helping Other People means you are giving back and making a difference**
- **Helping Other People means you are not thinking about yourself**

- **Helping Other People means you're making spiritual contributions**
- **Helping Other People means your Spiritual Changing into a Total, Whole Human Being**
- **Helping Other People means No Materialistic**
- **Helping Other People means Others Not Yourself**
- **Helping Other People means Selflessness & No Self**
- **Helping Other People means Care, Compassion, and Empathy for Others**
- **Helping Other People means Spiritual Transformation**

- **Helping Other People mean Spiritual Revolution**
- **Helping Other People means Spiritual Change**
- **Helping Other People means Spiritual Fulfillment**
- **Helping Other People means Spiritual Dreams & Spiritual Desires**

When you help other people & give back, you're making a difference in others. Once you learn how to make a difference in others this will bring Spiritual Fulfilment & Spiritual Joy.

You don't help other people because you want something from people who you help & support that not the way of helping other people. You

help other people because you have care, compassion, and empathy for others and you don't want to see Humanity go through Suffering – Pain- Adversity.

This simple but small difference could mean the difference between helping billions of people or helping no one.

You never get into the work of helping other people for Self-Gratification or Self-esteem (NO) (Not Important). You get into the vocation of helping other people because Humanity is suffering.

All of this Spiritual Book is about Paying the Price
I am going to show a diagram of Paying the Price



I want the readers to understand that NOTHING will change in your life until you have Paid the Price.

Matthew 10:39

39 He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.

Jesus Christ has said in this **Matthew 10.39 KJV** Scripture that He that Findeth his life shall lose it and he that loses his life for my sake shall find it. We need to pay the price to lose our lives for

Jesus Christ & God. Losing your life doesn't seem like a beneficial thing to do but for Jesus Christ & God is everything. The Spiritual People who lost their life for Jesus Christ & God find their life. The People who don't lose their lives don't find their life in Jesus Christ & God.

So, what is the most important thing to do which is to lose your life for Jesus Christ & God to find your life in Spiritual Heaven and for your name to be remembered on Earth?

Losing your Life = Paying the Price

If you Pay the Price, you will lose your life

Losing your life means dying to Egoism & The Self

A New Life is found in Jesus Christ & God

Spirituality & Faith

Paying the Price Means Dying to Self and Overcome Suffering

This is why Paying the Price means everything

Not just to Humanity but to Jesus Christ & God

Spiritual People will be remembered for helping other people & giving back

Losing your life means Devoted your life to Helping Other People

Pay the Price Now – Do It Today

Chapter 3 – Losing - Sacrificing – Suffering

Paying the price is very painful & hurtful to experience in life but we need to pay the price in order to help other people & give back.

There are 3 stages to paying the price

- 1) Losing
- 2) Sacrificing
- 3) Suffering

This diagram will show you the Cycle of Paying the Price



- 1) **Losing means** - suffering, resulting in, or relating to defeat in a game or contest.
- 2) **Sacrificing means** – the act of giving up something that you want to keep especially in order to get or do something else or to help someone
- 3) **Suffering means** - the state of undergoing pain, distress, or hardship.

Paying the price involved going through Losing and sacrificing Suffering within your life before you are able to Spiritually Help Other People & Give Back.

I don't know readers what you will go through within your life but you have to realise that Losing Sacrificing Suffering is Inevitable. So, the best thing we can do as Human beings is expecting that we are going to lose sacrifice suffer, and pay the price to go through all the Suffering – Pain – Adversity.

You cannot become who you want to be in the world until you Pay the price. Sometimes in life, we will go through serious life experiences that will make us or destroy us but by paying the price

you are willing to go through the Suffering – Pain
– Adversity.

My encouragement to the readers is to Pay the price and find ways to overcome losing, sacrificing, and suffering to Spiritually Help Other People.

In the diagram of the cycle, everything comes back to Paying the Price.

If you want to achieve your dreams & desires, then there is a price you need to pay to reach your full potential as a human being.

I will encourage readers to pay the price and become who they want to be.

You will loss

You will sacrifice

You will Suffer

This will make you become spiritual and faithful in Jesus Christ & God.

Spiritual People go through the most suffering – pain – and adversity in life to become who they need to be in the world.

Chapter 4 – Helping Other People

In this chapter, I am going to talk about the 4 Levels of Helping Other People. If you're someone who wants to help other people, then you need to pay the price to help other people & give back.

There are 4 Levels to Helping Other People

- 1) **Level 1** – **Volunteering in Helping Other People (Good Level)**
- 2) **Level 2** – **Employment/Careers/Jobs in Helping Other People (Great Level)**
- 3) **Level 3** – **Business/Entrepreneurship in Helping Other People (Highest Level)**
- 4) **Level 4** – **Spiritual/Faith in Helping Other People (Spiritual Level)**



If you choose to pay the price and go through all 4 levels in helping other people then you will make a massive difference and spiritual contributions in helping other people & give back.

In the work of helping other people, it is important to go through all 4 levels. Start from level 1 – move to level 4.

Helping other people is a vocation and spiritual calling.

Paying the price will help you to develop the skills & qualities to help other people & give back.

In order to do all 4 levels in helping other people you first need to pay the price.

Like I said paying the price is a hurtful & painful experience but you will learn to become a spiritual & faithful person once you pay the price.

In this diagram, I am going to show you the Spiritual Transformation.



Spiritual Transformation cannot come into your life until you pay the price and overcome your suffering. 4 Levels of helping other people come at a **price**. To help other people you need to be **selfless** & **No Self**.

My encouragement for the readers is that if you want to help other people and give back you need to pay the price within your life and become who you need to be for others. This is very important in Spiritual Life Development.

- **Paying the price = Spiritual Freedom**
- **Paying the price = Spiritual Liberation**
- **Paying the price = Spiritual Change**
- **Paying the price = Spiritual Transformation**

All 4 Levels of Helping Other People must be done in your life to make the ultimate difference in helping other people & giving back.

4 Levels of helping other people is a Spiritual Transformational process.

Chapter 5 – There a Price You Have to Pay

This is the final chapter in this book and the most important chapter about Paying the Price.

There is A Price You Have to Pay to help other people & give back. This is very important to realize and becomes the most important thing to learn. If you want to help other people & give back, then you need to pay the price to do the work of helping other people.

In life, there is always something we need to pay in order to have the price of success or failure. In the process of paying the price, there is something you need to let go of to be able to help other people & give back.

What is the Price I Need to Pay to Help Other People?

These are some of the things you will need to give up & let go

- The Self
- Money & Finance
- Material Possessions
- Success, Prosperity, Riches
- Work that Doesn't Help Other People
- Self-Gratification
- Selfishness
- Selfish Dreams & Desires
- Success – Achievement – Accomplishment
- Losing – Suffering – Sacrificing
- Public Reputation
- Careers & Positions
- Religion & Spirituality
- World & Society
- Legal Structures

- Government & Politics
- School – College – University
- Personal Relationships
- Friendships
- Family
- Personal Wishes

For every individual, you will pay a different price from another individual. Each human being must pay their own price.

Paying the price becomes a Spiritual Transformational thing in life because if you don't pay the price, you will never get the chance or opportunity to help other people & give back.

I want you to understand readers that helping other people comes at a costly price and this is very important to realise.

THERE IS A PRICE YOU HAVE TO PAY



In this diagram, I am going to show you how paying the price will spiritually transform your life into helping other people.

What changes your life from thinking about yourself to helping other people is **Paying the Price.**

There is a Price you have to pay to help other people & give back.

I want to encourage readers that Paying the Price is painful & hurtful but this is the thing that makes the difference.

Most people who help other people have gone through some suffering – pain – and adversity to help other people & give back.

Helping other people is a vocation of others which is why it is important to learn that there is a price you have to pay to help other people.

If you pay the price, you will help other people

***When you help other people, you will go through
Spiritual Change***

***When you go through Spiritual Change you find
Spiritual Truth.***

I want to encourage readers that there is a price you have to pay to become what you want to be and help other people.

Paying The Price = Helping Other People

Paying The Price = Spiritual Change

Paying The Price = Spiritual Freedom & Spiritual Liberation

Paying The Price = There Is a Price You Have to Pay

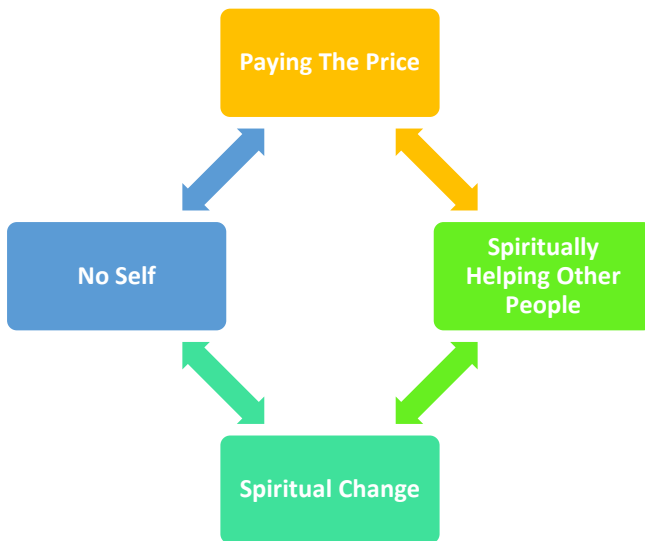
Just remember readers you need to pay the price to help other people.

Paying The Price is the key to fruitfulness

John 12:24

24 Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

There is A Price You Have to Pay



- **Jesus Christ & God Wants You to Contribute to Humanity - Animals - Universe.**

- **Jesus Christ & God want you to help other people.**

Chapter 6 – Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ & God for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get

back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul

Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of

Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people

and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 – 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal

life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 – present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and

Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God,

Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ & God – This has become the most important thing in my life to learn and

understand Jesus Christ & God. My faith, Spirituality, and Christianity are very important to me, and being with Jesus Christ & God makes me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that is why I can be an Evangelist and Teacher in Faith, Spirituality, and Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been

very difficult and challenging but I would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, and Christianity and become the person you want to be.

Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)**
- 2) Be What You Want to Be**

- 3) The 15 Successful Habits**
- 4) Selfless**
- 5) Anointing**
- 6) Life Purpose**
- 7) Helping Other People**
- 8) Giving Without Receiving**
- 9) Fulfillment**
- 10) Learn**
- 11) It Is Not the Problems That Make You
Who You Are, It Is the Person You
Become That Make You Who You Are**
- 12) The Evangelism Ministry**
- 13) Learning Is a Part of Living**
- 14) The Self Is the Problem**

- 15) I Don't Want**
- 16) No Self**
- 17) Miracles**
- 18) Christopher Liam Rose Journal 2015 – 2016**
- 19) (Living with Jesus Christ & God) - Christopher Liam Rose Journal 2016 - 2017**
- 20) Losing, Sacrificing, Suffering**
- 21) Observation**
- 22) Christopher Liam Rose Testimony**
- 23) SGR BOOKS – Christopher Liam Rose Music Discography**

- 24) Christopher Liam Rose Journal 2018 - 2019**
- 25) Christopher Liam Rose Life Story (Part 2)**
- 26) Christopher Liam Rose Life Story (Biography)**
- 27) Imperfection to Perfection (Repentation)**
- 28) Christopher Liam Rose Journal 2019**
- 29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)**
- 30) Losing Is Inevitable**
- 31) Christopher Liam Rose Life Story (Part 3)**

- 32) 4 Levels of Helping Other People**
- 33) 4 Levels of Helping Other People
(Complete Version)**
- 34) Overcoming Adversity – Life
Challenges – Life Problems #OALCLP**
- 35) How to Overcome Suffering #HTOS**
- 36) Pay The Price #PTP**
- 37) 5 Spiritual Practices #5SP**
- 38) No Self Explained #NSE**
- 39) Spiritual Change #SC**
- 40) Poetry (Volume 1) #PV1**
- 41) How to Overcome Overthinking –
Ruminating – Negative Thinking
#HTOORNT**

42) 5 Levels of Helping Other People #5LOHOP

Christopher Liam Rose Social Media Websites

Follow Christopher Liam Rose on social media

Facebook

-

<https://www.facebook.com/christopherliamrose09>

Twitter - <https://x.com/ChrisRose091188>

Instagram -

<https://www.instagram.com/christopherliamrose/?hl=en>

LinkedIn -

<https://www.linkedin.com/in/christopherliamrose/>

Pinterest -

<https://www.pinterest.co.uk/christopherliamrose/>

Podcast **Website** -

<https://christopherliamroseministriespodcast.buzzsprout.com/>

Podcast **Website** -

<https://sgrpodcast.buzzsprout.com/>

Follow Christopher Liam Rose Music on social media

Spotify

-

<https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdlSdg>

Apple

Music

-

<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon

Music

-

<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud

-

<https://soundcloud.com/christopherliamrose>

Sound **clicks** -

<https://www.soundclick.com/christopherliamrose>

ReverbNation -

<https://www.reverbnation.com/christopherliamrose>